



FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

JUNE IS NATIONAL SAFETY MONTH

NATIONAL SAFETY MONTH

Everyone can get involved in reducing the risk of injuries. Together, we can share information about steps people can take to protect themselves and others.

For more information please visit:

www.nsc.org/pages/home.aspx

Injuries are a leading cause of disability for people of all ages and they are the leading cause of death for Americans ages 1 to 44. But there are many things people can do to stay safe and prevent injuries.

Make a difference: Spread the word about ways to reduce the risk of injuries. Encourage communities, workplaces, families, and individuals to identify and report safety hazards.

How can National Safety Month make a difference?

We can all use this month to raise awareness about important safety issues like:

- Prescription painkiller abuse
- Transportation safety
- Ergonomics
- Emergency preparedness
- Slips, trips, and falls

MEN'S HEALTH WEEK

June 15-21, 2015

Awareness. Prevention.
Education. Family.

www.menshealthweek.org

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men can make their health a priority. Take daily steps to be healthier and stronger. There are many easy things you can do every day to improve your health and stay healthy.

- Get Good Sleep
- Toss Out Tobacco
- Move More
- Eat Healthy
- Tame Stress
- Get Routine Health Screenings



NEW FITNESS CHALLENGE BEGINS IN JUNE!

Forgotten Coast
Fitness &
Wellness Center
will offer a special
discount rate for
Fitness Challenge
Participants



Want to join a community fitness challenge? Now is Your chance!

FITNESS CHALLENGE INFO:

You MUST register the first week of June to participate in the challenge.

- **12 Week Weight Loss/Fitness Challenge (June 1- August 28, 2015)**
- The cost is **\$15** per participant.
- **1st place winner will take home 50% of participant pot, 2nd place-30%, 3rd place-20%.**
- Results are based on **percentage of weight loss** so that it is fair for all!
- There will be a **weigh-in every 3 weeks** to keep everyone motivated.
- Workout **on your own or coordinate** with a group.



HealthiestWeight

***Registration and Weigh-ins will be held at the
Florida Department of Health in Franklin County
locations:**

APALACHICOLA:

139 12th Street, Apalachicola, FL 32320

8:00-5:00 pm EST— MON-FRIDAY

Ask for Alma Pugh 850-653-2111 x 133

June 1-5: Initial Weigh-in

June 17-18: 3 week weigh-in

July 8-9: 3 week weigh-in

July 29-30: 3 week weigh-in

August 28: Final weigh-in

CARRABELLE:

106 NE 5th Carrabelle, FL 32322

8:00-5:30 pm EST MON-THURS

Ask for Amy Crosby, 850-697-4121 ext 0

June 1-5: Initial Weigh-in

June 17-18: 3 week weigh-in

July 8-9: 3 week weigh-in

July 29-30: 3 week weigh-in

August 28: Final weigh-in

Nutrition Education Classes Offer For Fitness Challenge Participants!

Given By:
Certified Nutritionist!



When: June 11, 2015

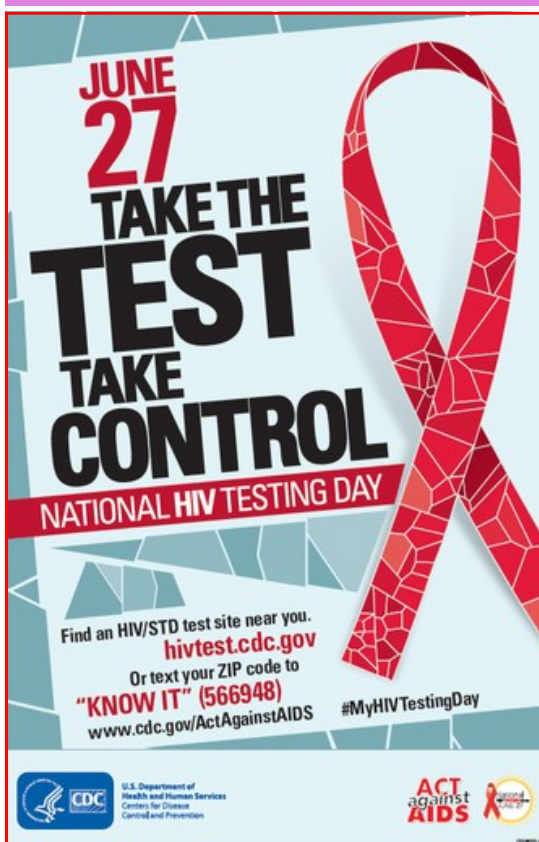
Where: Fla. Department of Health in Franklin County—Apalachicola Office

Time: 5:30pm-6:30pm

When: June 16, 2015

Where: Fla. Department of Health in Franklin County - Carrabelle Office

Time: 6:00pm-7:00pm



This day was established as an annual observance to promote HIV testing. This is a particularly important time for YOU to get involved!

Take the Test, Take Control!

Even though National HIV Testing Day only happens on one day, it is better for everyone to live their whole year being aware. They should take the HIV test at least once a year. If you have not done it yet, National HIV Testing Day is the perfect occasion.

We would like to wish the following staff:



Charles Addison	6/15
Russell Petrucka	6/16
Alma Pugh	6/17
Rhonda Butler	6/18
JoAnn Shiver	6/23

The next CHIP (Community Health Improvement Partners) meeting has been rescheduled to June 23, 2015 at 11:00am-12:00pm. Located:

Florida Department of Health in Franklin County
2nd Floor Conference Room
139 12th Street
Apalachicola, Florida 32320